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HEALTH SCARE

TALK TO US, HILLARY

metroNEWS

Pregnancy outreach program manager Patti Zettel, left, with Downtown Eastside mother of four Karen Starr.

COURTESY CARRIE STEFANSON/ VANCOUVER COASTAL HEALTH

ROYAL DROP-IN

Vancouver's Sheway, inspired by a U.K. program supported by Princess Diana, is eagerly awaiting some special visitors

metroNEWS

Construction needed to ease housing crisis

AFFORDABILITY

Involvement in city politics also wouldn't hurt, says developer

Jen St. Denis
Metro | Vancouver

The director of a Vancouver-based rental management and development company says renters need to become more active in city politics in order to break the current logjam that is slowing down the creation of new rental stock.

"There is literally billions and billions of dollars trying to build rental housing in Vancouver that would love to do it," said David Sander, director of Hollyburn Properties. "But there are two things: There's the availability of land deemed suitable for building, and there's local opposition."

Metro has written several stories about renters under pressure in the face of a steep rent increase that occurred between 2015 and 2016. Combined with a very low vacancy rate of just 0.6 per cent in Vancouver, that has spurred an increase in tactics like renovictions or the use of fixed-term leases to get current tenants out in favour of higher-paying renters.

From Sander' point of view, affordability in the rental market can only be addressed through the addition of much more supply.

"There's a huge amount of unmet demand for rental housing," he said. "There's no foreign investors in the rental market, there's no one gobbling up units and letting them sit empty."

Hollyburn recently completed a new, 14-storey rental building in the City of North Vancouver's central Lonsdale area; a second 18-storey rental tower is in the rezoning process. Both projects faced opposition from residents who were concerned about the height of the towers (Hollyburn unsuccessfully attempted to increase the height of the 14-storey building), traffic congestion and that the buildings would block existing views, Sanders said.

Other recent projects, such as Cressey's plan to build a six-storey rental building on Commercial Drive, have sparked pushback from residents worried about losing the single-family home character of their neighbourhoods.

And in the context of Vancouverites' deep concern about housing affordability, it doesn't help that the new buildings are rented at significantly higher rates than the city's median income levels for renters would support.

TO READ MORE ABOUT HOUSING AFFORDABILITY ISSUES IN THE CITY, CHECK OUT METRO'S CODE RED SERIES, metroNEWS.ca/codered

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Japanese official draws ire for piggyback ride over puddle in town devastated by storm. **World**

UBC head praises report on sex assault

POLICY

Panel urges sweeping changes to earn back trust

Members of an expert panel tasked with examining the University of British Columbia's approach to sex assaults say the real work can now begin, after the institution published a critical report the group submitted months earlier.

President Santa Ono released the 52-page report to students, faculty and staff on Monday. He thanked the UBC-appointed panel for its hard work and said he had passed the document on to a committee working on the school's new sexual assault policy.

"I want to commend the University Sexual Assault Panel for a thoughtful, comprehensive report that will help inform dialogue and spark further engagement on campus as we work to improve our policies and practices for addressing and responding to sexual assault," he said in a statement.

The report was submitted to the president's office in June. It urges the university to undertake sweeping changes to counter the "general mistrust" on campus and the perception that UBC has downplayed the severity of the issue and avoided responsibility.

Dr. Santa Ono says he commends an expert panel for its critical report calling for a major overhaul of the school's approach to sexual assaults. JONATHAN HAYWARD/THE CANADIAN PRESS

UBC started creating a standalone sexual assault policy earlier this year after allegations it delayed taking action on multiple complaints about a male PhD student.

Ono, whose term began in mid-August, said in an email to the campus community that UBC has made "significant strides" to improve its policies and practices for addressing and responding to sexual assaults.

A draft policy was published in June. Public consultations on the document will now be extended until Oct. 31 to allow for reflection on the panel's recommendations, Ono said.

The president said he has also asked a small working group to make recommendations to the UBC executive about the appropriate processes, infrastructure and resources to best serve its community and support people who have been affected. THE CANADIAN PRESS

LEGAL MATTERS

Court hears varied diagnoses on how to cure medicare

Advocates on both sides of a legal debate over the future of public health care in Canada are offering opposing diagnoses on how to rejuvenate what many consider an overburdened medical system.

Jonathan Penner, a lawyer for the British Columbia government, told B.C. Supreme Court on Monday that a lawsuit proposing to revamp the rules around how medicare operates may undermine the principle of equal medical access for all, to the detriment of the majority of residents in the province.

Cambie Surgery Centre, a private clinic in Vancouver, is suing the B.C. government for using the Medicare Protection Act to prevent doctors from providing medically necessary treatment in both the public and private systems and to forbid private insurance for core medical services.

Penner said in his opening remarks Monday that upcoming evidence from proponents will probably show that some British Columbians wait longer for surgery than they would like or than what would be considered ideal.

"The evidence will show, however, that overall the quality of care that British Columbians receive is among the best in the world and that when urgent or emergency care is needed it is almost invariably provided without delay," he added.

"In terms of the overall provision of health care in British Columbia, the patients who are waiting too long are the exception and not the rule."

Last week, a lawyer for Cambie Surgery Centre argued that a public-private system would help B.C. curb skyrocketing health-care costs by reducing pressure from the public system, freeing resources and shortening wait times.

Penner countered by saying privatization "would create perverse incentives for physicians and would introduce a private system that would depend on abandonment of present efforts to reduce wait times in the public system."

"The health-care system is highly complex and the repercussions to various components of that system of striking down those prohibitions are uncertain and problematic," he said.

Along with the Cambie Surgery Centre, plaintiffs include several patients who argue that forcing people onto wait lists for medically necessary procedures violates Canadians' charter rights. THE CANADIAN PRESS

"The patients who are waiting too long are the exception and not the rule. **Jonathan Penner**

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Royals to close a 'loop' in B.C.

HARM REDUCTION

William and Kate to stop by a pregnancy outreach

David P. Ball
Metro | Vancouver

A program for vulnerable Downtown Eastside mothers struggling with mental health and addictions will receive its most unlikely drop-in visitors on Sept. 25.

Prince William and Kate Middleton announced they'd visit Vancouver's Sheway pregnancy outreach during this month's weeklong royal tour of Western Canada.

The Duke and Duchess of Cambridge's visit will be "closing a loop" the Prince's own mom, Princess Diana, opened decades ago in Scotland, Metro has learned.

"When Sheway was formed 23 years ago, the precursor was in Glasgow which has exactly same focus," explained the organization's manager, Patti Zettel, in a phone interview. "The official opening of that program was attended by Princess Diana.

"Here we are 23 years later, with her son and his wife continuing her global legacy … It's quite a lovely closing the loop."

Over its decades working with vulnerable women in one of Canada's poorest neighbourhoods, Sheway has seen transformation first-hand on its clients, who are 65 per cent First Nations.

One of those mothers is Karen Starr, who approached Sheway at 17 for help during her first pregnancy. She'd experienced extensive abuse, addiction and a dysfunctional childhood.

"Sheway was the family I never had," Starr said in a statement. "The staff never judged me, they treated me with respect and taught me how to be a parent."

Key to the model is respecting the "self-determination" of clients through what she called a "women-centred, trauma-informed" model.

The program's services include a food bank, medical clinic, opiate replacement therapy, legal assistance, parenting courses and a community kitchen.

"It is essentially harm reduction in parenting," Zettel said. "That's something we've struggled with as a society — you can embrace that philosophical stance for some members of society, but if you're a pregnant mom or in custody of a child, harm reduction isn't something most people are comfortable with."

For Starr, now a mother of four, the chance to meet members of the Royal Family will be a study in contrasts — and a chance to share the value of Sheway's model.

"It never crossed my mind that I would have the opportunity to be in the presence of the royal couple," she said. "My world is so different … (but) I'm so grateful to have this opportunity to raise awareness and the possibilities that exist because of Sheway."

The Duke and Duchess of Cambridge with their two children, Prince George and Princess Charlotte, in Kensington Palace in London. CHRIS JELF/THE ASSOCIATED PRESS

RESIDENTS

Condo wants Pokemon to GO away

Jen St. Denis
Metro | Vancouver

Residents of a Coal Harbour condo building are now free of pesky Pokestops after complaining to the City of Vancouver and their MLA, as well as to the company that makes the popular augmented reality game.

"Their concern was there were four Pokestops right around the entrance to their building," said Spencer Chandra Herbert, MLA for Vancouver-West End.

The situation was leading to crowds of anywhere between 10 and 50 people on the grounds of the Bayshore Drive condo building, causing noise and traffic problems sometimes until the wee hours of the morning.

Chandra Herbert and the residents sent letters to Niantic, the company that made the game, and as of Friday residents informed him that the crowds have now dispersed.

"They had a concern about the Pokestops being on private property … so they removed the three stops that were on private property," Chandra Herbert said.

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Jerilynn Webster closed her TD account during a branch protest Monday after learning the bank is funding a controversial gas pipeline in the U.S. DAVID P. BALL/METRO

Vancouverites occupy TD bank

ENERGY

Dispute is over funding of controversial gas pipeline

David P. Ball
Metro | Vancouver

Vancouver resident Jerilynn Webster is closing her TD account after learning the Canadian bank is funding a controversial gas pipeline in the U.S. that's led to violence and arrests against indigenous people there.

She and other activists launched an occupation of an East Hastings Street TD branch on Monday morning, kicking off a day of events that culminated in a 5 p.m. protest at another downtown branch.

"We want to ask directly to shut down our own accounts there," the Nuxalk and Cayuga First Nations artist, who performs hip hop under the name JB First Lady, told Metro before entering the branch shortly after 9 a.m. "I don't want to have my money in a place where it's supporting destruction not just of indigenous people but all people."

Local indigenous people and allies were joined by B.C. Interior opponents of mining pollution as well as oil, gas and bitumen pipelines crossing their nations' territories.

They chose to vent their frustrations at the Canadian financial institution, refusing to leave the branch shortly after 9 a.m., after media reports that its subsidiary TD Securities funded the controversial Dakota Access Pipeline to the tune of $360 million, according to Ricochet media.

"The frontliners are actually sacrificing their freedom to stop the machines and take direct action," Kanuhus Manuel, with the Secwepemc Women Warriors Society, told Metro Monday morning. "People are finally getting their spirits to go stand with our people at Standing Rock."

Manuel is a longtime Secwepemc Nation land defender and member of Neskonlith First Nation near Kamloops. Taking action in Vancouver is, for her, not just a chance to "show that Vancouver is in solidarity."

Her father, former Neskonlith chief Art Manuel, traveled to the U.S. to join the Standing Rock protests this week.

The standoff over the pipeline — transporting natural gas from U.S. fracking operations — has riveted attention on social media but not larger media as many hoped, despite President barack Obama directly intervening to block the pipeline, at least temporarily.

In an email, a TD Securities spokeswoman emphasized that oil and gas investments total less than one per cent of the institution's lending portfolio.

"TD is one of several banks and energy companies who are financial lenders for the Dakota Access Pipeline," said Alison Ford. "We support responsible energy development and employ due diligence in our lending and investing activities relating to energy production.

"We also work with our customers, community and environment groups, and energy clients to better understand key issues of concern, and to promote informed dialogue."

DOMESTIC DISPUTE

MLA charged with assault

British Columbia's former agriculture minister and member of the provincial legislature Pat Pimm is accused of allegedly assaulting his wife.

The province's Criminal Justice Branch announced Monday that Pimm had been charged with one count of assault.

The assault was alleged to have occurred in Dawson Creek, B.C., on Aug. 13, but the branch is releasing few other details.

Pimm was due to make a first appearance in court in Dawson Creek on Sept. 13. A special prosecutor was appointed on Aug. 16, the same day Pimm revealed unspecified allegations had been made against him. He also announced he would quit the B.C. Liberal caucus to sit as an independent while the matter was before the courts.

Pimm, who represents the riding of Peace River North, was first elected in 2009 and appointed agriculture minister in 2013 but left the post after being diagnosed with colon cancer. THE CANADIAN PRESS

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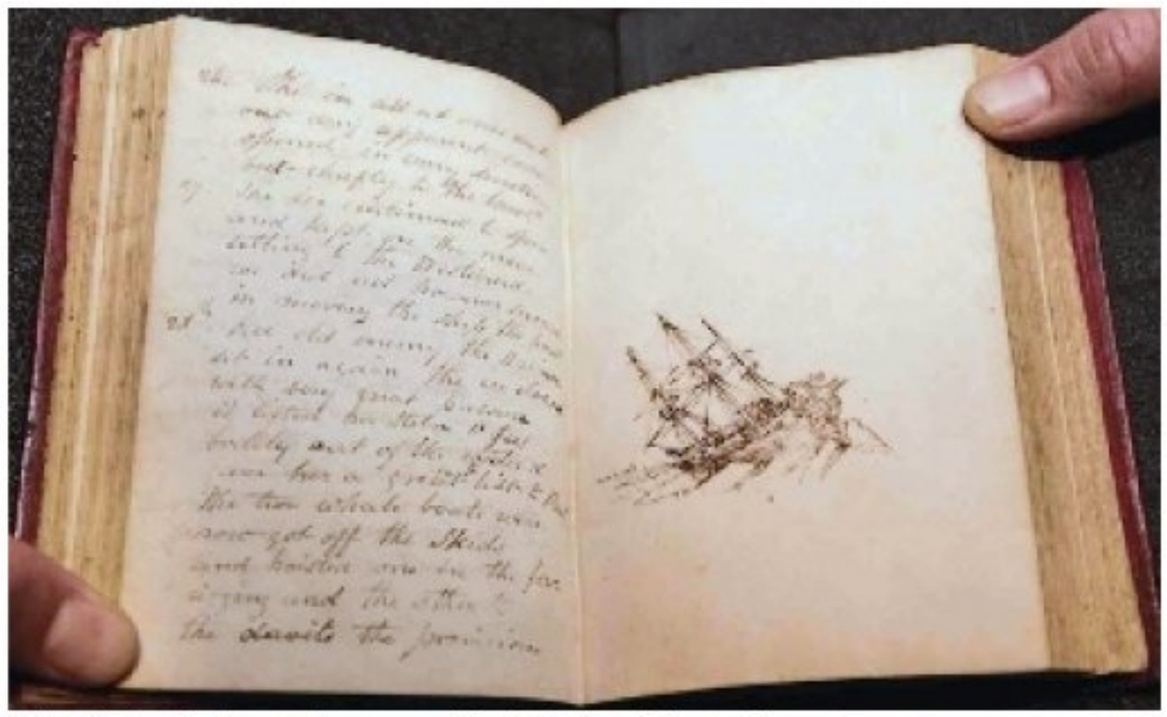

A sketch showing the HMS Terror stuck fast in the ice of the Northwest Passage. TORSTAR NEWS SERVICE

Terror went 'gently' to bottom of the sea

HERITAGE

Second ship from Franklin expedition has been found

The second ship from Sir John Franklin's doomed 19th-century search for the Northwest Passage has been located — right where an Inuit hunter said it would be.

"The ship is in remarkable condition," Adrian Schimnowski of the Arctic Research Foundation, one of the groups involved in the search, said Monday from the research ship that located the HMS Terror.

"It looks like it gently slipped to the seabed floor."

The Terror, one of two British navy vessels sent in 1845 to try to find the Northwest Passage, was discovered Sept. 3 in 24 metres of water in Terror Bay, a small indentation on the coast of King William Island west of the community of Gjoa Haven.

The well-preserved wreck of Franklin's other ship, the Erebus, was found in 2014 about 11 metres below the surface in the Queen Maud Gulf, along the central Arctic coastline.

Both were lost with all 129 crew. Their fate has proved one of the Arctic's most enduring mysteries.

Schimnowski said that mystery might have remained if not for a late-night conversation on one of the search vessels between himself and Sammy Kogvik, an Inuk and Canadian Ranger from Gjoa Haven.

The two were on the bridge of the Martin Bergmann, a research vessel, and Kogvik was telling Schimnowski about the history of the shorelines they were sailing past. He started talking about something he'd seen seven years ago while snowmobiling across the sea ice of Terror Bay.

Kogvik recalled how he had looked behind him to check on his hunting partner when he spotted a large pole sticking up out of the ice. The two Inuit stopped and took pictures of what looked like a ship's mast.

But when Kogvik got home to Gjoa Haven, he found he'd dropped his camera and lost the shots.

"As soon as he said the story, I knew from his eyes and the way he was speaking that he had something."

The crew searched for more than two hours without success. They decided to give up and head to the nearby community of Cambridge Bay using a different route out of the bay than they had entered with.

"Within 15 minutes of starting again, we found an artifact on screen," Schimnowski said. "It looked like the cross-section of a masted ship.

"It was very exciting … You have very few experiences like that in a lifetime. We celebrated together." THE CANADIAN PRESS

IN BRIEF

Tootoo allegations but no comment

The Prime Minister's Office is not commenting on allegations about Hunter Tootoo's fall from political grace. Tootoo, the MP for Nunavut, abruptly quit his post as fisheries minister in May, saying at the time that he was seeking treatment for alcohol addiction.
In August, Tootoo said he had been involved in what he called a "consensual but inappropriate" relationship.
TORSTAR NEWS SERVICE

POLITICS

MacKay not running for Tory leadership

Peter MacKay has decided against joining the Conservative leadership race.

"After much soul-searching, advice from trusted friends and weighing of the impact on my young family, I have decided not to seek the leadership of the party," the former cabinet minister from Nova Scotia said in a statement Monday.

"My family is my No. 1 priority," said MacKay, who has two small children, Kian, 3 and Valentia, 11 months, with his wife, human rights activist Nazanin Afshin-Jam.

"While the opportunity is exciting and the reward compelling, I feel it would be asking too much of them to jump back into politics right now and the heat of a leadership campaign with all that it entails," said MacKay.

"I am full of admiration for those who will seek the leadership and I stand ready to work with whoever the new leader will be," MacKay said.
THE CANADIAN PRESS

Hillary Clinton's secrecy is 'stupid'

U.S. ELECTION

Candidate's penchant for privacy forged decades ago

When Hillary Clinton shuffled and stumbled as she abruptly left the 9/11 memorial at Ground Zero on Sunday, clearly ill, the telltale video was captured by a bystander, not a journalist.

Clinton's aides hadn't told the travelling press pool that she was leaving.

When she was driven home that night, she was not accompanied by the reporters that follow a candidate from door to door. Clinton's aides hadn't allowed them to come along.

In between, her campaign claimed she had merely "overheated." Only eight hours after the incident, and 48 hours after she saw a doctor, did they admit what appears to be the truth: She has pneumonia.

Hillary Clinton GETTY IMAGES

All together, it was vintage Hillary Clinton. As she has for two decades, the Democratic presidential nominee chose maximum secrecy right up until maximum secrecy was no longer a viable option.

"Antibiotics can take care of pneumonia," David Axelrod, a former top aide to Barack Obama, wrote on Twitter. "What's the cure for an unhealthy penchant for privacy that repeatedly creates unnecessary problems?"

The cure, in part, is running against Donald Trump. Clinton's Republican opponent is in several important ways more opaque than she is.

But her reflexive bunker mentality led to, and prolonged, her biggest scandal, over her decision to set up a private email server. And it indisputably made her Sunday incident worse.

"Sheer stupidity," said Kathleen Dolan, chair of political science at the University of Wisconsin-Milwaukee. "This one is just a self-inflicted wound. And inexplicable." TORSTAR NEWS SERVICE

Japan official blasted for piggyback

A Japanese government official is under fire for riding on a colleague's back to get through a big puddle of water during his recent visit to a town devastated by a deadly storm.

Vice Minister of Reconstruction Shunsuke Mutai headed a government team's visit to the northern town of Iwaizumi earlier this month to assess damage from the storm, which killed more than 20 people in the region.

Mutai, who had forgotten to bring boots, was shown in footage being carried on the back of another government official wading through the puddle. The scene triggered criticism on social media, with Mutai accused of not taking his job seriously.

On Monday, Mutai said what he did was "inappropriate."

"I deeply regret it," he said. THE ASSOCIATED PRESS

Shunsuke Mutai is under fire for a piggyback ride. TWITTER

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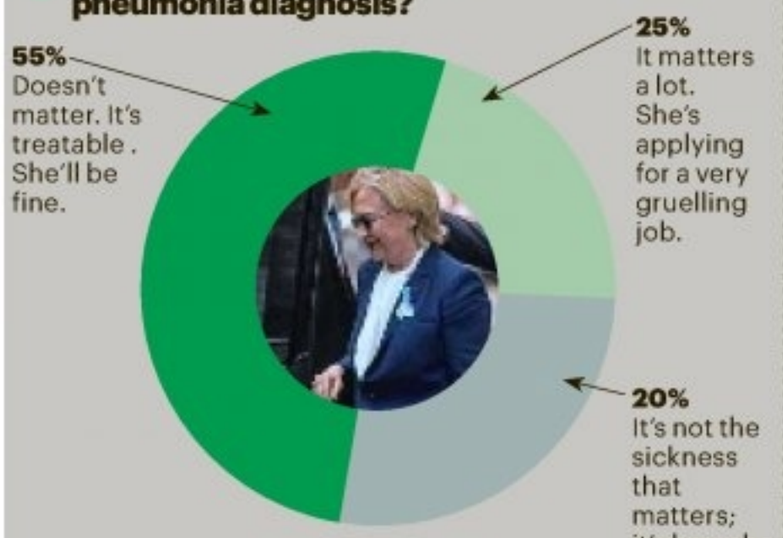
metro VIEWS
Your essential daily news
Tuesday, September 13, 2016

METRO POLL

How healthy are Clinton's prospects?

Hillary Clinton's health was a campaign subplot until it became the main story. Clinton was diagnosed with pneumonia last Friday, but her campaign didn't say anything about it until after the candidate had to leave a 9-11 commemoration ceremony on Sunday. The media certainly thinks this is a pretty big deal, but we wanted to know what our readers thought.

1 What do you make of Hillary Clinton's pneumonia diagnosis?


55%
Doesn't matter. It's treatable . She'll be fine.
25%
It matters a lot. She's applying for a very gruelling job.
20%
It's not the sickness that matters; it's how she handled it.

2 Will the diagnosis help or hurt her chances?

53% Hurts
44% Makes no difference
3% Helps

WE ASKED Metro readers

- This is the stupidest thing ever. Any person on earth can easily get pneumonia.
- Given her history, admitting pneumonia means that things are worse than pneumonia.
- At least she has provided legit medical records and tax information.
- People should think about what others have accomplished with far more serious illnesses.
- I don't believe her or her hired doctor.
- The POTUS should be in really top health.

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HAVE YOUR SAY

City halls have key role in housing reform

CITY HOLLER
Trish Kelly

It's a beautiful fall day in Vancouver, one that reminds me why I continue to try to live in this, the most expensive city in the country.

Through the peekaboo view on my balcony, I can see a smattering of innocuous clouds drifting in from the Georgia Strait. I'll spend a good chunk of the day tackling the Kitsilano portion of the seawall before I come home to make a delicious dinner of fresh veggies and seafood. It will be a wonderful day, but in the background, I'll still be holding on to the feeling that living here is not just expensive, but unsustainable.

In some ways, reading Code Red, the recent report by Generation Squeeze, a national lobby group that's speaking up for younger Canadians who are struggling with housing unaffordability, makes me feel better.

The report contains almost a dozen bold ideas about how we could make housing more affordable for young Canadians. To get to those rays of policy hope, you have to wade through some painful stats about how the current housing situation isn't working, especially in B.C., but most of all in Vancouver.

There's the glum fact that a Vancouverite making a median income who wants to buy a $500,000 unit (we're not talking detached home anymore) needs to save for 23 years to accumulate a down payment. There's the exhausting number, up to 2.5 hours, that anyone resorting to commuting from Langley each day will waste in traffic.

The Code Red report contains plenty of strategies that could be tried, like targeted taxes that cut into the profits made when a house is flipped just days to months after it was bought.

While the major drivers of change in housing policy will be the federal and provincial governments, municipal governments have a role to play, and plenty at stake.

Currently, seniors are given homeowner grants that can reduce their property taxes by up to $870 a year. This rebate exists because, historically, seniors were more likely to be low income than any other age group, Now that the shoe is on the other foot, and it's Canadians 25-34 who are more likely to be low income, it's time that younger people start getting tax breaks like this one.

Municipalities, with their very limited revenue sources and ever increasing responsibilities, would likely find expanded tax rebates a hard pill to swallow, but if the reason for granting seniors tax cuts was responding to their economic disadvantage, it's also certain it wouldn't have happened without public support.

That's where we come in. We need to show significant public support for tax and policy reform so all levels of government feel compelled to make change.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

International students deserve our embrace

Armine Yalnizyan and Chris Grisdale

For many Canadians, September means back-to-school time. For a growing number of students, it's also welcome-to-Canada time.

International students have become a critical piece of the puzzle for funding higher education. Their enrolment in our post-secondary institutions is accelerating at a far faster pace than that of domestic students. By Dec. 31, 2015, 352,960 international students were registered at schools across Canada. That figure is twice the number enrolled in 2006.

A federal report estimated that in 2010, international students spent almost $8 billion in Canada on tuition, accommodation and other expenses, creating 81,000 jobs and generating $455 million in tax revenue. Those figures were so impressive that in 2013 the Harper government's Economic Action Plan budgeted $23 million over two years to market Canadian degrees abroad and recruit students, and added funds to enhance processing capacity.

By all accounts, the marketing ploy was successful. But as the Conservatives opened the floodgates to these temporary entrants, they simultaneously choked off their passage to permanent residency.

That's a maddening waste. Just ask Lucas Alves.

Lucas came to Montreal from Brazil in August 2011 to study French at a language school. His experience led him to want to make his home here. Already fluent in English and Portuguese, Lucas and his family paid $15,000 a year in tuition for an architectural technician program at George Brown College to turn the dream into reality. To cover costs, Lucas worked as a cleaner and in food services.

When Lucas arrived, he had cause to believe he could build his life here as a Canadian citizen. In 2008, Ottawa had created the Canadian Experience Class, providing a pathway to permanent residency to international students with two years of Canadian work experience. International students have been allowed to hold on-campus jobs since 1988, and later allowed to work up to three years anywhere in Canada after graduation. The promise of a chance to study and work your way toward citizenship enticed thousands of young students to come to Canada.

But, beginning in 2013, the federal government started delisting some occupations that were previously considered valid Canadian work experience. Suddenly, if your job was in food or retail — the most common jobs for students, international or domestic — you were out of luck.

As a result, more of the world's best and brightest are coming to Canada, but fewer can stay, by policy design. Instead of seeing them as A-list candidates for Canadian citizenship, they have become Grade-A cash cows for a chronically underfunded system.

The Liberals should move swiftly to reboot the Experience Class program so international students like Lucas aren't merely welcomed to study and spend in Canada, but welcomed to stay and build their future here.

Armine Yalnizyan is senior economist at the Canadian Centre for Policy Alternatives. **Chris Grisdale** is an Osgoode Hall Law School graduate.

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Comedian Jessica Williams walked runway at politicized Opening Ceremony show at NY Fashion Week

All that glitters is oversold

WELLNESS TRENDS

Crystals heal say believers, but science says otherwise

These rocks might be pretty, but they're not curing cancer. TORSTAR NEWS SERVICE

There's a practice that's become popular among celebrities and regular folks alike: Using crystals like amethysts, emeralds and rose quartz to harness healing power. It's a practice that elicits raised eyebrows and concern in the medical community, as there's no solid research proving crystals work — and even some devotees acknowledge any positive vibes are probably just a placebo effect.

Still, crystals are big business, with celebrities leading the trend. Madonna and Khloe Kardashian swear by them, and Katy Perry reportedly slept with one in her hand after splitting from ex-hubby Russell Brand.

Hipster troubadour Father John Misty is selling some in his merch store — rose quartz earrings for $45, in case you were wondering — and you can also find them anywhere from local metaphysical shops to Urban Outfitters.

Tiny Devotions, a Canadian company selling meditation necklaces adorned with healing crystals, has sold millions of dollars worth of their mala bead jewelry.

"Our revenue is over seven figures annually," says founder Diana House, over the phone from her office in London, Ont., where a large citrine crystal is on display. "I believe that it helps," House says, referring to the roughly $1,000 crystal, known for its 'prosperity and abundance' properties. "But I can't scientifically prove it does anything," she adds.

Fan websites say the sparkling stones are rooted in ancient healing rituals and act as conduits for wellness in the mind, body and spirit, channelling positive energy to improve someone's well-being, and can be worn around your neck, held during meditation sessions, or placed throughout a room.

Marta Borowski, 31, credits a crystal with helping her buy a house in Toronto's fiercely competitive real estate market.

> **Sadly, the whole of complementary and alternative medicine can be summed up as 'popular in the face of no evidence'**
> Christopher French, head of anomalistic psychology research at University of London

After she and her fiancé lost a bidding war, she passed a store showcasing a massive gemstone collection and decided a crystal "good luck charm" could come in handy.

"I don't know if it was the sunstone, but we ended up getting our dream home," she says.

Borowski thinks it's about visualization, and perhaps a placebo effect. "Somebody could give you a piece of cloth and say, 'This cloth holds some kind of energy creating properties,' and you would just harness all of your positive energy into that and it would have the same effect," she says.

And there really isn't any concrete research backing up the positive vibes beyond this power of suggestion.

"Sadly, the whole of complementary and alternative medicine can be summed up as 'popular in the face of no evidence,'" says Christopher French, head of the anomalistic psychology research unit at the Goldsmiths, University of London department of psychology.

French researched healing crystals to figure out why people think they work, and presented his results at a couple of conferences in the early 2000s. In his study, 80 participants were asked to meditate while holding either a real crystal or a fake one they were told was real. Before meditating, half the total number of participants were primed on what types of sensations to expect — things like tingling, heat, a mood boost, and so on.

The result? People who were primed on crystal sensations beforehand reported much stronger sensations than those who weren't. On top of that, there was no major difference in what people felt while holding real versus fake crystals.

"The results of our study did not come as any great surprise," French tells me. "The power of suggestion to affect perception and memory has been demonstrated in literally thousands of well-controlled psychological experiments for many decades."

But if you can think of an issue, fans say there's a crystal for it. Want to bring clarity to your mind? Try selenite. Want to stimulate your immune system? Buy some clear quartz.

This concerns French. "It is sometimes argued that this is acceptable, as if a person feels better after a worthless treatment, surely that's a good thing?" he says.

"But the danger here is that people may rely on worthless (complementary and alternative medicine) treatments for problems that might have been effectively treated with conventional medicine in the early stages but not seek the latter until it is too late."

In other words: Don't try curing cancer with a crystal.

The crystal fans I spoke to for this story agreed. "It's a holistic way of healing, but never to replace (medicine)," Yacht says. TORSTAR NEWS SERVICE

People with knee osteoarthritis needed for a research study!

The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers aged 50 and older with knee osteoarthritis to participate in a study involving a knee radiograph, three 2-hour visits at UBC to assess walking characteristics, and a four-month supervised walking exercise program.

Inclusion criteria:
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Docs show sugar industry paid off researchers

A sugar industry group paid Harvard researchers to write an article published in a prominent medical journal in 1967 that concluded reducing cholesterol and saturated fat was the only diet intervention to prevent heart disease. ISTOCK

INVESTIGATION

Studies cast doubt on sugar's role in heart disease

An analysis of newly uncovered documents shows the sugar industry began funding research that cast doubt on sugar's role in heart disease — in part by pointing the finger at fat — as early as the 1960s.

A sugar industry group paid Harvard researchers to write an article published by a prominent medical journal in 1967 that concluded that reducing cholesterol and saturated fat was the only dietary intervention to prevent heart disease.

While scientists are still working to understand links between diet and heart disease, concern has shifted in recent years to sugar and carbohydrates, and away from fat. The documents are detailed in a study published in the journal JAMA Internal Medicine, and is the latest evidence showing how food makers influence nutrition science. THE ASSOCIATED PRESS

RESEARCH

Dancers better at reading emotions

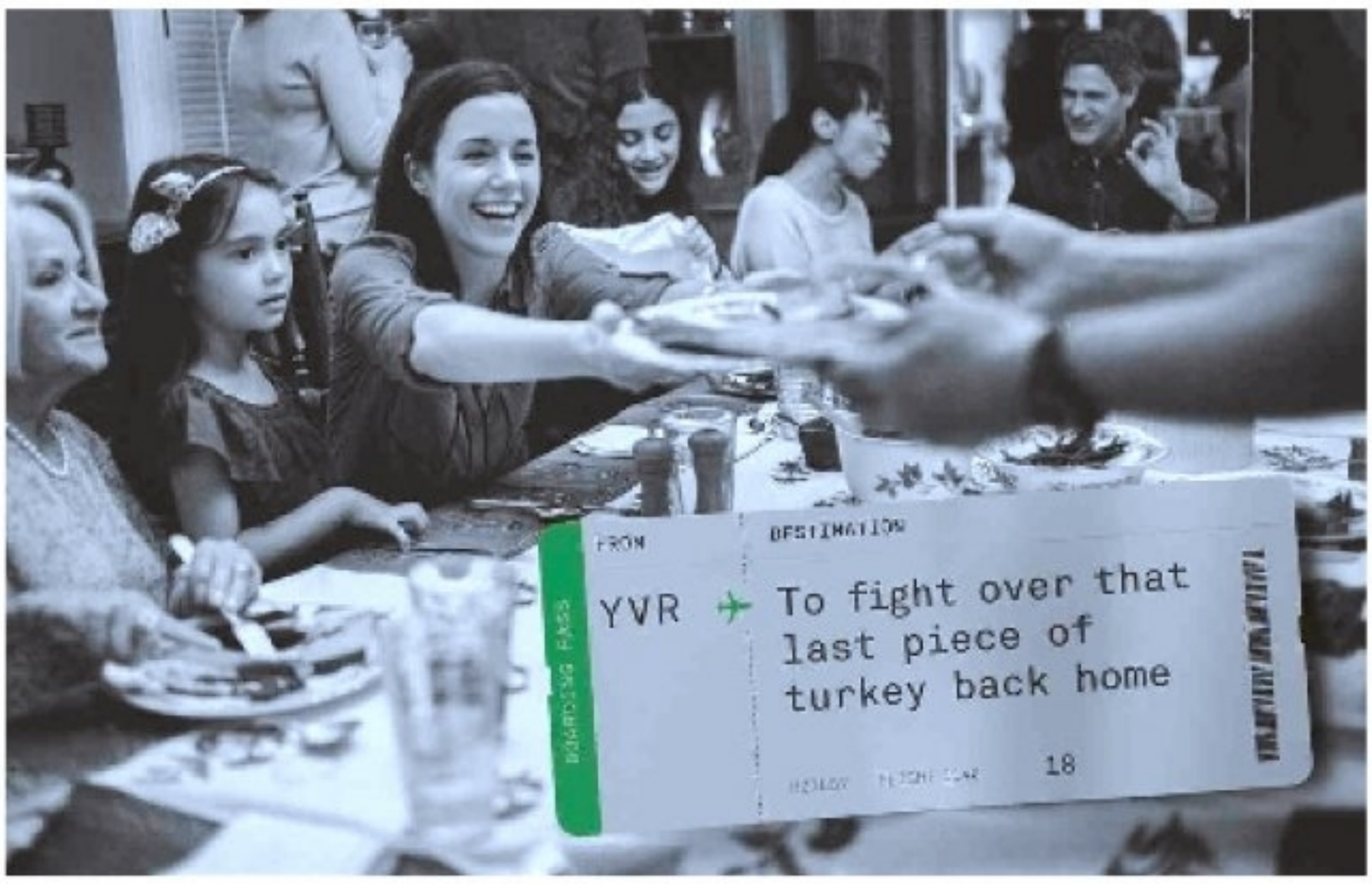
A series of scientific studies may reveal why audiences like certain dance moves more than others, and they suggest that dancers are more emotionally sensitive than the rest of us. The results may also point to a role the arts can play in empathy training.

One study isolated dance moves into very brief, silent, black-and-white video clips. With no context to go by other than the shapes of the moving bodies, participants were asked to rate their emotional response, whether they liked or disliked the moves, or found them happy or sad. Participants rated the video clips containing the rounded movements, such as the upward-curving arabesque, as significantly more positive than the clips with sharp, edgy movements.

"There must be some type of universal mechanism where our perceptual system understands that roundedness is good, and edgy might be dangerous," says Julia F. Christensen, a research fellow in the Cognitive Neuroscience Research Unit at City University London, and lead author of the study Affective Responses to Dance.

In a similar study, published in the Journal of Experimental Psychology: Human Perception and Performance, the brief ballet video clips were shown to two groups of people — the dancers, and a control group of those with no dance experience. The participants wore electrodes on the tips of their fingers to detect the subtle sweat response triggered by an emotional reaction. They were also asked to rate each video clip as happy or sad. Both groups "read" the emotions of the ballet clips correctly. But the dancers had much stronger reactions to the emotional content. TORSTAR NEWS SERVICE

A new study finds the arts can play a role in empathy training. ISTOCK



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HEALTH BRIEFS

Many with depression don't get treatment

Most people in the U.S. who screen positive for depression don't receive treatment, while most who do receive treatment don't actually have the condition, according to a new study published in JAMA Internal Medicine. The study, led by Mark Olfson, a professor of psychiatry at the Columbia University Medical Center, found analyzed data from surveys that included questionnaires to screen for depression. Of the 46,417 adults surveyed, 8 per cent answered in ways that suggested they had depression, but only 29 per cent of those who seemed to need help received any treatment for it. Adults in the lowest-income group were five times as likely to have signs of depression as were those in the high-income group. But they were less likely to receive treatment. TORSTAR NEWS SERVICE

A closer look at Clinton's health scare

EXPERT INTERVIEW :

The doc who wrote the book on pneumonia

Genna Buck
Metro | Toronto

It was initially chalked up to seasonal allergies.

Hillary Clinton's hacking cough — an obsession in certain segments of the Twittersphere — is pneumonia, according to a statement from the U.S. presidential candidate's doctor.

The diagnosis was made Friday, but only revealed after a public stumble at a 9/11 memorial in New York City on Sunday.

Despite conspiracy-theorists' crowing about Parkinson's, Clinton likely has a contagious bug: Six of her staffers have reportedly come down with it too. Reactions from social-media diagnosticians have ranged from dismissive to "Tim Kaine better prove he's ready to lead."

Metro spoke to a real diagnostician, McMaster University infectious disease specialist Lionel Mandell, who literally wrote the book (a.k.a. clinical guidelines) on pneumonia. He explained why we don't know how serious Clinton's condition is, how she likely got it, and why we can't even be sure it's pneumonia at all.

Many sources are describing this as "walking pneumonia." What does that mean?

Pneumonia just means infection of the lung tissue itself; the air sacs. Saying pneumonia is like saying "motor vehicle accident."

Could be a minor fender-bender, and at the other extreme you've got a head-on where cars are on fire and two people are dead.

Without knowing details, it seems like Clinton got community-acquired pneumonia, as opposed to hospital-acquired. In about 80 per cent of those cases, it's treated outside hospital, and the mortality rate is one to five per cent.

It's really difficult to make a pneumonia diagnosis. If you only rely on what patients tell you, plus the physical exam, you can be wrong at least a third of the time. You really need an X-ray. A lot of diagnoses are made without an X-ray, and a lot of those patients may have bronchitis or something.

I don't know where the hell the term "walking pneumonia" came from. But it sort of gets the idea across.

Democratic hopeful Hillary Clinton leaves her daughter's New York apartment, where she recovered after a medical episode during Sept. 11 memorial services. THE ASSOCIATED PRESS

What causes this ? What can be done?

The usual bugs are viruses, as well as bacteria called pneumococcus and mycoplasma. The antibiotics you give in cases like this will cover either of those bacteria.

Who ends up in the unlucky one to five per cent who die?

It's more likely to be an older person or a person with lung disease, congestive heart failure, something like that.

How long will it take an otherwise healthy 68-year-old — like Clinton's doctor says she is — to recover?

It really varies. But typically the symptoms would be cough, a bit of a fever, a bit of shortness of breath. Depending on how sick they are, and their underlying conditions, some people can bounce back within a week or two, but they might feel weak for a few weeks.

Are you surprised someone in their 60s came down with this on the campaign trail?

The overall incidence in North America, if you're over 65, is about 20 cases per 1,000 people (per year). Someone like Clinton or Trump is definitely at risk. They're constantly mixing with people. I'm actually surprised (politicians) don't get infections more.

Could this put Clinton at risk for future problems?

Community-acquired pneumonia is not usually that big of a deal. Among people over 65 sick enough to be admitted to hospital, the risk of heart attacks goes up. Compared to older adults who are admitted to hospital for other reasons, pneumonia patients have a higher risk of death, and it extends out for one year.

Would her 2012 concussion and blood clot episode have anything to do with this?

Not if they were resolved. Somebody with a reduced level of consciousness can aspirate (inhale liquids or food) and get pneumonia. But she clearly doesn't have that. She's smart as hell.

STAR METRO SPONSORED CONTENT — MBA GUIDE

MBA continues to offer good ROI

The 2015-16 edition of the QS TopMBA.com Jobs and Salary Trends Report from QS Quacquarelli Symonds (QS) reveals a 26 per cent increase in the number of new job opportunities on offer to master of business administration (MBA) graduates. The growth is no small feat, says the product head of the QS-owned TopMBA.com and QSLEAP.com.

"A finding like this demonstrates that the value of an MBA remains undiminished in the eyes of those who look to recruit graduates of the degree and, by extension, those who pursue the qualification," says Soumik Ganguly, whose role involves product innovation, of the report based on employer responses.

QS's the QS Return on Investment Report: North American Full-Time MBA 2015, meanwhile, found that full-time MBA graduates who study at a reputable North American school might expect a salary increase of 75 per cent, pre to post-MBA.

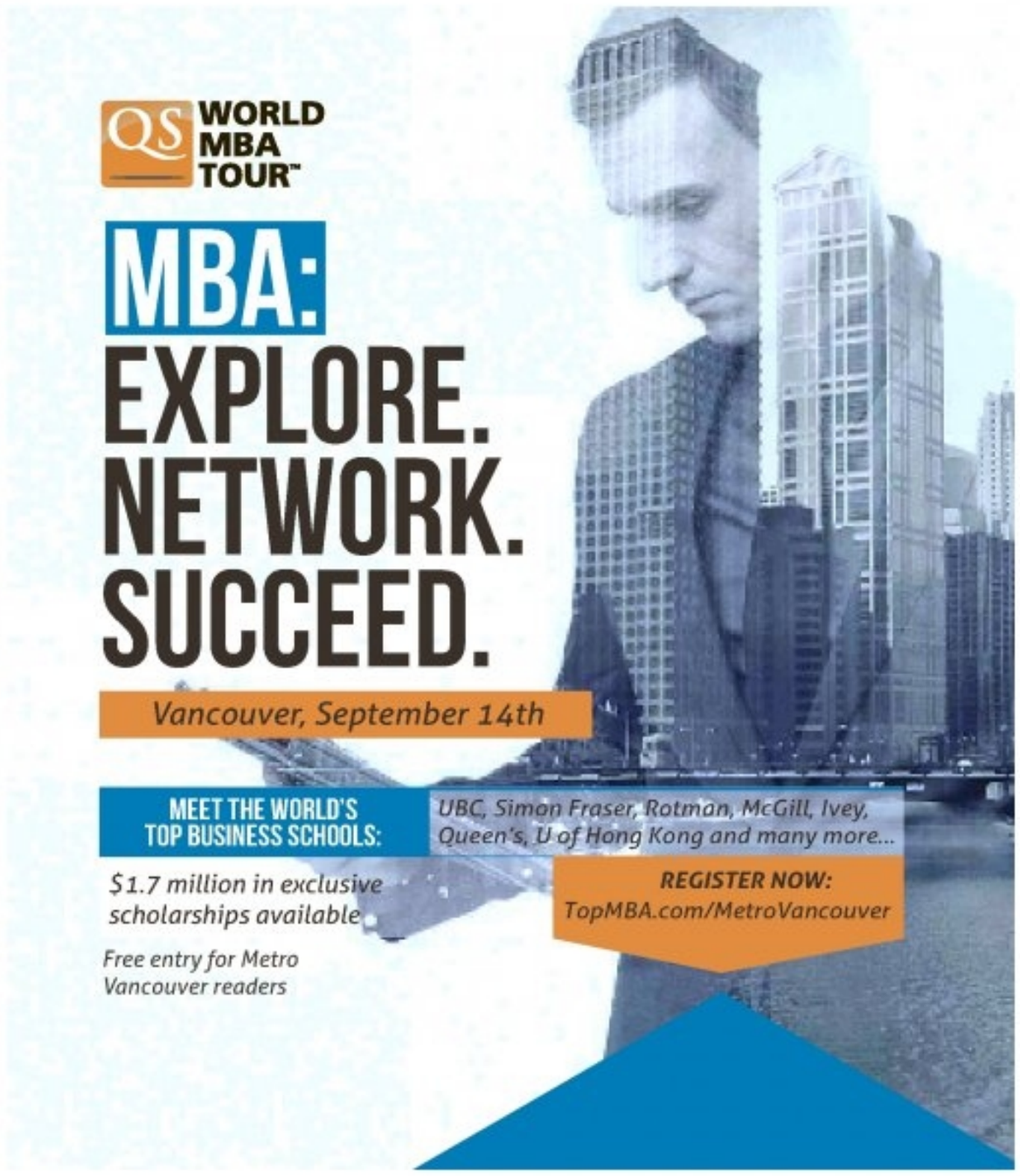
It is information such as this that will be on hand at the Vancouver stop of the QS World MBA Tour, on Sept. 14, says Ganguly. The free-with-registration event will be facilitated by QS, a global provider of specialist higher education and careers information and solutions.

CONTRIBUTED

"Beyond meeting business schools, candidates get to network with top admission consultants and experts, and attend special seminars aimed at providing unique inputs towards their MBA application preparedness," says Ganguly.

For more information

To learn more about and register for the QS World MBA Tour, visit TopMBA.com/MetroVancouver.



metro SPORTS

Manchester United says it paid 8.4 million pounds ($11 million) in compensation to fire Louis Van Gaal and members of his coaching staff

Amputation does little to slow volleyball player

RIO2016

Oakes competes at Paralympics 13 months after losing part of leg

Jennifer Oakes passes the ball during the women's sitting volleyball team training camp. ROB HISLOP/CPC HANDOUT/THE CANADIAN PRESS

In the hours after the boating accident that nearly took her life, Jennifer Oakes posted a photo on Instagram.

She's standing on a rocky beach watching the sun go down. She captioned it, playfully: "Tb (throwback) to 2 legs."

The 18-year-old from Calgary is playing on Canada's sitting volleyball team at the Rio Paralympics just 13 months after her right leg was amputated below the knee.

And if some of the 781 people who liked her Instagram picture joked that it was "Too soon!" it's her "very healthy sense of humour," said her mom Kathy, that has helped her thrive in her new reality.

GETTING BACK UP
Oakes hasn't given up the standing game, and was back playing club volleyball this past season using a prosthetic.

"She's always been a bit of a stubborn child, and now that tenacity is paying off," Kathy Oakes said. "She's got that tenacity, plus she's got a good outlook and positivity about her that's fantastic."

Oakes' lighthearted approach, she explained, was a way of putting others at ease.

"Kind of since the beginning, I thought I would have a good sense of humour about it so people were comfortable talking with me about it, because I was open about it," Oakes said. "And if they wanted to ask any questions, I was there to answer them."

Oakes was out boating last summer with friends when they hit a wave, and Oakes, who wasn't holding on, was pitched off the front and run over. The propeller missed her head and torso by inches.

She was flown by air ambulance to Calgary's Foothills Hospital, receiving two litres of blood en route.

Almost immediately, Oakes, a strong player at the high school, club, and provincial levels, started thinking ahead.

"We were all super worried about her and mourning for her," said her older sister Sarah. "And then within three days, she was already talking about sports and talking about what she wanted to do, and we all knew she was going to do whatever she wanted to do. I think volleyball was just what she wanted to do."

Canada's coach Nicole Ban knew of Oakes and heard about the accident, and encouraged her to come out and practise with the team.

"As soon as she sat down she was able to do all the skills from the standing game very easily," Ban said. "But it was her movement, and her realizing that she was performing these skills very well, and at a high level that really allowed her to enjoy sitting down on the ground with her new body. And also embracing the sport."

The Canadian women, who are making their first Paralympic appearance, are 0-2 after losses to host Brazil and the Netherlands. They meet Ukraine in their final preliminary round match on Tuesday. THE CANADIAN PRESS

RIOReport

- Canada's women's wheelchair basketball team defeated Brazil 82-49 on Monday, improving to 3-1 at the tournament.
- Pamela LeJean of Cape Breton, N.S., was fourth in the women's F53 shot put.
- The Canadian men's goalball team dropped to 1-2 with a 17-13 loss to Algeria. They are currently tied for third in their pool with Algeria and Germany.

SOCCER

Caps look to clinch berth in quarters

The Vancouver Whitecaps have displayed many flaws this season — except in CONCACAF Champions League competition.

Vancouver takes a perfect 2-0-0 record into Tuesday's road game against Sporting Kansas City. With a win, the Whitecaps can advance beyond CCL group play for the first time.

"We have an opportunity on Tuesday night to try and win that game and qualify (for the quarter-finals), so it would mean everything," said Vancouver coach Carl Robinson on a conference call Monday.

> **We know what we need to do to hurt them when we have the ball.**
> Whitecaps rookie Fraser Aird on Sporting Kansas City

Sporting Kansas City has a 0-1-1 record in CCL play and needs a win to remain in contention for first place in Group C. Only the top teams in each group advance in the competition that will determine the North American, Central American and Caribbean zone's representative in the 2017 FIFA Club World Cup.

Robinson will be looking for a similar performance to the one his club delivered in a 3-0 win over Kansas City in their Aug. 23 meeting at B.C. Place Stadium. The Whitecaps could do little wrong that day as they enjoyed numerous scoring chances and Kansas City had trouble penetrating a staunch Vancouver defence. THE CANADIAN PRESS

Cristian Techera scored twice against Sporting Kansas City on Aug. 23. THE CANADIAN PRESS

ANTHEM PROTEST

Losing sponsors won't stop Bronco

Broncos linebacker Brandon Marshall says he'll kneel again for the national anthem even though he lost a second endorsement deal for joining Colin Kaepernick's protest of social injustice.

CenturyLink said Monday that the company respects Marshall's right to express his beliefs but feels the national anthem was an inappropriate venue. So, CenturyLink terminated its six-week-old deal with Marshall, who lost his endorsement with Air Academy Federal Credit Union on Friday. THE ASSOCIATED PRESS

Brandon Marshall THE ASSOCIATED PRESS

MLB

Carrera comes through in a pinch for Blue Jays

Pinch-hitter Ezequiel Carrera hit a tiebreaking solo home run in the eighth inning and the Blue Jays topped the Tampa Bay Rays 3-2 on Monday in Toronto.

Carrera turned on a first-pitch fastball from Brad Boxberger (3-1) and sent it over the left-field wall.

The Blue Jays remain two games behind AL East-leading Boston with the Red Sox beating the Baltimore Orioles 12-2 on Monday. THE CANADIAN PRESS

NFL

Steelers hammer out convincing win

Ben Roethlisberger recovered his own fumble at a pivotal moment and didn't look back, throwing three touchdown passes to lead the Pittsburgh Steelers to a 38-16 victory over the Washington Redskins on Monday night.

Roethlisberger completed 27 of 37 passes for 300 yards, including two touchdowns to All-Pro wide receiver Antonio Brown and another to Eli Rogers. Often playing on the opposite side from Josh Norman and tormenting cornerback Bashaud Breeland, Brown made eight catches for 126 yards.

Starting in place of the suspended Le'Veon Bell, DeAngelo Williams ran for 143 yards and two touchdowns on 26 carries. THE ASSOCIATED PRESS

MONDAY At Washington

STEELERS	REDSKINS
38	16

RECIPE Lemon Thyme Chicken Burger

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We can still eat like its summer, right? This light, juicy burger helps keep the sunny season going — at least on our plates.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup bread crumbs
- 2 tsp Dijon mustard
- salt and pepper
- 1 Tbsp vegetable oil
- 4 wholewheat rolls
- toppings like lettuce, tomatoes, goat cheese

Directions

1. In a large bowl, mix together the meat, thyme, zest, juice, egg, bread crumbs, onions, mustard and salt and pepper. Using your hands, form the mixture into 4 x ¾ inch-thick patties.

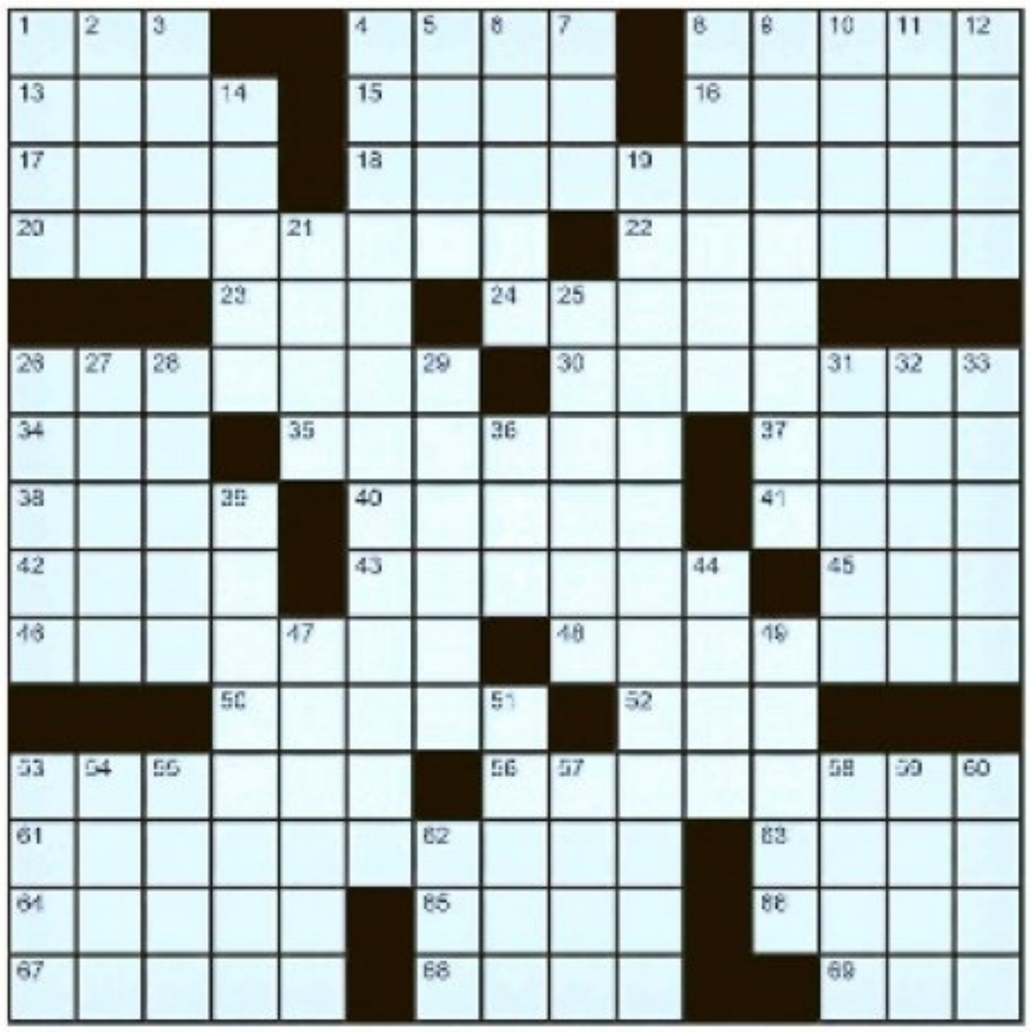
2. Heat up pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking them on the stove. Cook the patties over medium/high heat for about 5 minutes on each side. You want the internal temperature to reach165 and 170 Fahrenheit.

3. Top your buns with whatever your family likes but we highly recommend goat cheese.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Brand of pet food, __ Kan
4. Military band's magnificence
8. Rock band, Death Cab for __
13. Discharge
15. Bring up
16. Fragment of __ __ to Maia by poet John Keats
17. Doozy
18. It's a splash all-year-round in a mansion: 2 wds.
20. Organisms in the pond
22. In a tidy way
23. Nautical rope
24. "Ahoy, __!"
26. Opinions
30. Media personality Maria of the Kennedy Clan
34. UN agcy. for workers
35. Little wave
37. Ms. Campbell
38. Comic actor Mr. DeLuise's
40. Sparkle
41. Brand of garbage bag
42. 'E' in QED
43. Spanish Conquistador, __ Cortes (b.1485 - d.1547)
45. Nero's 1501
46. Ms. Fabray of 1975 to 1984 sitcom "One Day at a Time"
48. Officially adorned as a princess
50. "Growing __"
52. American Hunter publisher [acronym]
53. 1970s folk singer Harry
56. Mother Teresa's new canonized title, Saint Teresa of __
61. Arm & Hammer product: 2 wds.
63. Weaving machine
64. Spark of light
65. Welcoming
66. Beautiful outfit of flowing fabric
67. Belonging to Bob's classic 'roads movies' co-star
68. Essential
69. Cacophony

DOWN
1. Seaweed variety
2. Russia/China border river
3. "__ & Stitch" (2002)
4. Throwing punches for money
5. Prefix meaning 'Wine'
6. 2003 Madeleine Albright book, __ Secretary: A Memoir
7. In favour
8. Profession
9. Like some intern positions
10. Horn honk!
11. British rocker Billy
12. Conger-like
14. Ice cream flavour, __ Frutti
19. Where Labrador is situated as part of Newfoundland: 3 wds.
21. Court hearing
25. Tilted
26. President Obama's VP
27. Gorge village of southwestern Ontario
28. Arthur Miller salesman Willy
29. Near-the-stomach organ
31. Scooby-Doo! One of Shaggy's sleuthing pals
32. Circumvent
33. Made over
36. For each
39. Moving oneself forward on foot
44. Drug bust officer, briefly
47. Tarnishes
49. Actor Mr. Julia's
51. Listerine competitor
53. Venue in The Big Apple where the Talking Heads played
54. Nickname of Nova Scotia's cap.
55. Comparable
57. Suffix with 'Chick'
58. It's an amphibian
59. Ms. Spelling
60. Cole Porter's "I __ __ Love"
62. Chris, to Peter Griffin on "Family Guy"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Use tact and diplomacy to avoid conflict with others at work today! Silly errors and delays at work might be part of this picture.

Taurus April 21 - May 21
Parents must be patient with their kids today; likewise, romantic partners must be patient with each other. In sports, fights and accidents are likely.

Gemini May 22 - June 21
Domestic tension on the home front is likely today, especially with a parent or an authority figure. Instead, use your feisty energy to work on home repairs and DIY projects.

Cancer June 22 - July 23
Mercury retrograde is wreaking havoc in your life, causing transportation delays and mixed-up communications. This could be the reason that you are short-tempered with others today. Chill out.

Leo July 24 - Aug. 23
Arguments about money and possessions are likely today. Don't throw your weight around. Remember that you can catch more flies with honey than vinegar.

Virgo Aug. 24 - Sept. 23
Today the Sun is in your sign at odds with fiery Mars. This makes you aggressive, quick to bark and quick to anger. Your best friend will be your own patience. Remember this.

Libra Sept. 24 - Oct. 23
Something going on behind the scenes might bother you today. Because you feel generally disgruntled, you will be impatient with others. Do your best to stay calm.

Scorpio Oct. 24 - Nov. 22
A fight with a friend or a member of a group might break out today, especially about money, funding or a particular possession. You gain nothing by fighting with anyone, right?

Sagittarius Nov. 23 - Dec. 21
An authority figure might get your goat today. If so, do not sound off, because this could cost you in the long run. Instead, go out for a jog or a bike ride. You love the outdoors!

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will disintegrate into arguments. Ego conflicts are taking place everywhere!

Aquarius Jan. 21 - Feb. 19
Disputes about inheritances and shared property are likely today. Don't get involved, because this will resolve nothing. Stay frosty.

Pisces
Feb. 20 - March 20
An argument with your partner or close friend might break out today because of sheer impatience and frustration. But what will this gain? It won't improve anything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4		3			
2		6		1		3		7
7			9		5			1
	4						3	
6			7		2			5
3		8		7		6		2
			3		9			

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9	3	4	7	1	8	6	5	2
6	7	1	4	2	5	8	3	9
8	2	5	6	9	3	4	1	7
5	1	9	2	7	4	3	8	6
3	6	7	5	8	1	2	9	4
2	4	8	9	3	6	1	7	5
1	5	2	8	6	7	9	4	3
7	8	6	3	4	9	5	2	1
4	9	3	1	5	2	7	6	8

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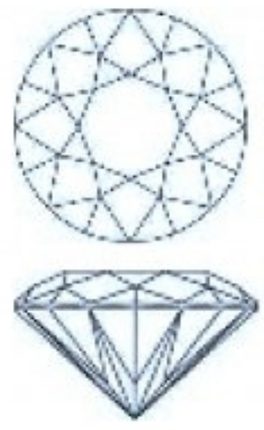

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